

Healthy Recipe: Lentil & Avocado Salad

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Lentils aren't just for wintry soups, they are a great addition to salads too. They are absolutely delicious in this wonderful dish. This Lentil & Avocado Salad is a subtle mix of flavors and texture. Lentils and creamy avocado are tossed together with a crunchy, peppery bed of watercress to make a salad that's full of protein thanks to the lentils, and rich in healthy fats courtesy the sesame and avocado.

4 servings

30 minute prep

14 ingredients

Ingredients

- 1 cup dried French green lentils
- 4 cups water
- 2 whole cloves garlic
- ½ teaspoon salt
- 1 teaspoon [olive oil](#)
- 1 tablespoon red [onion](#), finely chopped
- 3 cups watercress, roughly chopped
- 1 avocado, quartered and sliced

For the [Sesame Remoulade](#)

- 1 tablespoon tahini (See Chef Tips)
- 1 tablespoon Dijon mustard

- 2 tablespoons apple cider vinegar
- 3 tablespoons olive oil
- 2 tablespoons water (optional)
- Salt and pepper, to taste

Directions

1. Make the sesame remoulade as outlined [here](#). Bring the lentils, water, garlic cloves and ½ teaspoon of salt to boil in a medium pot. Simmer for 15 minutes or until the lentils are tender. Drain the lentils and discard the garlic cloves.
2. Let the lentils cool slightly, then toss with olive oil and chopped red onion.
3. Cover the bottom of a wide plate with the chopped watercress or arugula. Top with the lentils, then sliced avocado. Drizzle with Sesame Remoulade.

Chef Tips

Tahini is a nutritious creamy nut butter made with roasted sesame seeds much used in Middle Eastern cooking. It is packed with B-complex vitamins and a slew of minerals, but take care if having any nut allergies.

If preferred, substitute arugula for the watercress.

Nutrition Facts (per serving)

Calories: 384; Fat: 21g; Saturated Fat: 3g; Polyunsaturated Fat: 3g; Monounsaturated Fat: 14g; Carbohydrates: 38g; Sugar: 2g; Fiber: 10g; Protein: 15g; Sodium: 930mg

Registered Dietitian Approved

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